



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09404, Grapefruit juice, pink, raw

Report Date: June 30, 2017 06:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fruit yields 196g
Proximates						
Water	g	90.00	--	--	222.30	176.40
Energy	kcal	39	--	--	96	76
Energy	kJ	163	--	--	403	319
Protein	g	0.50	--	--	1.24	0.98
Total lipid (fat)	g	0.10	--	--	0.25	0.20
Ash	g	0.20	--	--	0.49	0.39
Carbohydrate, by difference	g	9.20	--	--	22.72	18.03
Minerals						
Calcium, Ca	mg	9	--	--	22	18
Iron, Fe	mg	0.20	--	--	0.49	0.39
Magnesium, Mg	mg	12	--	--	30	24
Phosphorus, P	mg	15	--	--	37	29
Potassium, K	mg	162	--	--	400	318
Sodium, Na	mg	1	--	--	2	2
Zinc, Zn	mg	0.05	--	--	0.12	0.10
Copper, Cu	mg	0.033	--	--	0.082	0.065
Manganese, Mn	mg	0.020	--	--	0.049	0.039
Vitamins						
Vitamin C, total ascorbic acid	mg	38.0	--	--	93.9	74.5
Thiamin	mg	0.040	--	--	0.099	0.078
Riboflavin	mg	0.020	--	--	0.049	0.039
Niacin	mg	0.200	--	--	0.494	0.392

Nutrient	Unit	1			1 cup 247g	1 fruit yields 196g
		Value Per 100 g	Data points	Std. Error		
Pantothenic acid	mg	0.189	--	--	0.467	0.370
Vitamin B-6	mg	0.044	--	--	0.109	0.086
Folate, total	µg	10	--	--	25	20
Folic acid	µg	0	--	--	0	0
Folate, food	µg	10	--	--	25	20
Folate, DFE	µg	10	--	--	25	20
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	22	--	--	54	43
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	440	--	--	1087	862
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0

Lipids

Fatty acids, total saturated	g	0.014	--	--	0.035	0.027
16:0	g	0.012	--	--	0.030	0.024
18:0	g	0.001	--	--	0.002	0.002
Fatty acids, total monounsaturated	g	0.013	--	--	0.032	0.025
16:1 undifferentiated	g	0.001	--	--	0.002	0.002
18:1 undifferentiated	g	0.012	--	--	0.030	0.024
Fatty acids, total polyunsaturated	g	0.024	--	--	0.059	0.047
18:2 undifferentiated	g	0.019	--	--	0.047	0.037
18:3 undifferentiated	g	0.005	--	--	0.012	0.010
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Flavonoids

Flavanones						
Eriodictyol ^{1 2}	mg	0.0	24	0	0.0	0.0
Hesperetin ^{1 2 3}	mg	0.8	28	0.11	1.9	1.5
Naringenin ^{1 2 3}	mg	17.2	28	1.91	42.5	33.7
Flavones						
Apigenin ¹	mg	0.0	1	--	0.0	0.0

Nutrient	Unit	1	Data points	Std. Error	1 cup 247g	1 fruit yields 196g
		Value Per100 g				
Flavonols						
Quercetin ¹	mg	0.0	1	--	0.0	0.0

¹Berhow, M., Tisserat, B., Kanes, K., and Vandercook, C. Survey of phenolic compounds produced in citrus., 1998 Technical Bulletin Number 1856, ARS, USDA, December 1998.

²Mouly, P. P., Arzouyan, C. R., Gaydou, E. M., and Estienne, J. M. Differentiation of citrus juices by factorial discriminant analysis using liquid chromatography of flavanone glycosides, 1994 J. Agric. Food Chem. 42 pp.70-79

³del Caro, A., Piga, A., Vacca, V., and Agabbio, M. Changes of flavonoids, vitamin C, and antioxidant capacity in minimally processed citrus segments and juices during storage., 2004 Food Chemistry 84 pp.99-105